



Fruit Salad with Honey-Yogurt Dressing

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

- 1 cup nonfat plain Greek yogurt
- 1 tablespoon honey
- 1 banana, peeled and sliced
- 1 sweet or sweet-tart apple, cored and diced (e.g. Gala, Pink Lady, Delicious, Honeycrisp)
- 1 mango, pit and peel removed, diced
- 1 cup blueberries
- 1 cup strawberries, greens removed and quartered

Directions

1. Whisk together the yogurt and honey in a large bowl to make a dressing.
2. Add the banana, apple, mango, blueberries, and strawberries to the bowl with the honey-yogurt dressing.
3. Toss until the fruit is combined and coated with the dressing.
4. Serve immediately, or chill in the refrigerator until ready to serve. This fruit salad will keep in the refrigerator for up to 3 days.

Nutrition Facts Per Serving: Calories: 110 | Total Fat: 0.5 g | Saturated Fat: 0 g
Sodium: 30 mg | Total Carbohydrate: 26 g | Dietary Fiber: 3 g | Protein: 3 g

Adapted from TheLemonBowl.com | Submitted by Dana Herring MS, RDN
For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs